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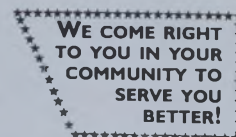
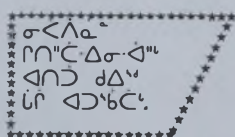
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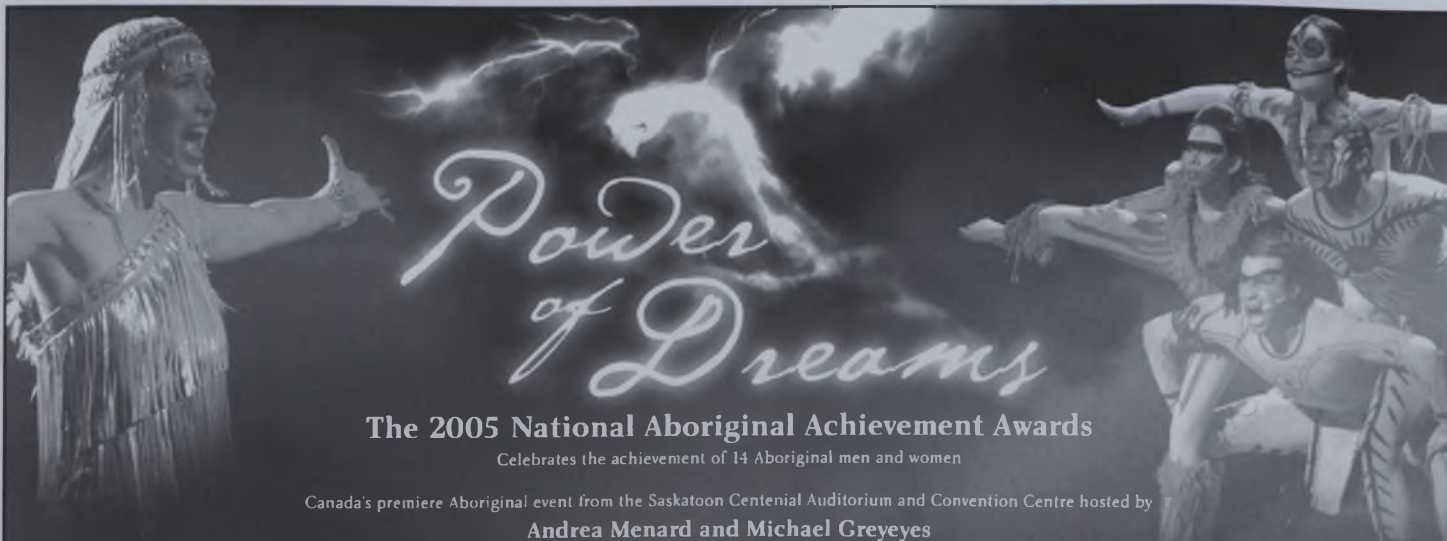
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Recently produced by SEBJ in collaboration with the Cree Regional Authority, the movie shows Cree communities and the daily life of a worker at Eastmain workcamp. Please contact Public Relations at the jobsite, at 1-888-676-4636, for more details.

The Société d'énergie de la Baie James and Hydro-Québec wishes all James Bay Crees an enjoyable National Aboriginal Day

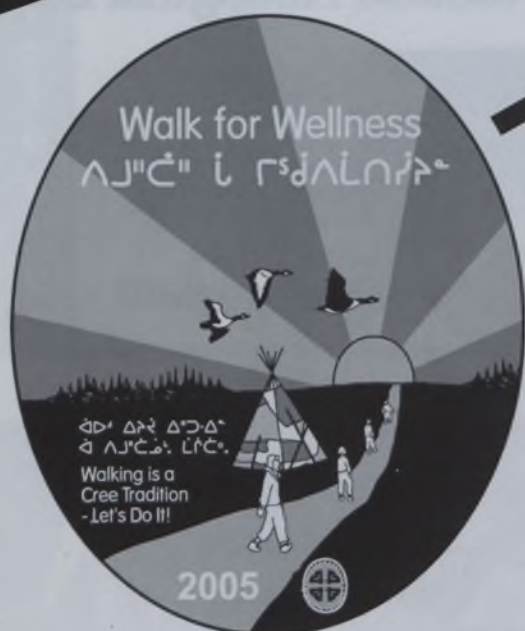


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Or call one of our Program Officers for the Challenge: Solomon Awashish @ 514-861-2352 ext. 28 or Wally Rabbitskin @ 418-923-3600

Elections are opportunity for nation building

By Will Nicholls

Sometimes it hurts to hear people still arguing over the Paix des Braves deal. I know it's hard to let go when you feel an injustice has been done. But let's look at the way it's developed in the three-and-a-half years this agreement has been a part of our lives.

I know the revenue-sharing portion this year was a disappointment, especially when we note that Hydro-Quebec took \$1.9 billion in profits this year, after giving the Quebec government \$1.2 billion or so in dividends (hidden tax, my non-Native friends?). Almost half those profits were generated from Eeyou Istchee, as were almost all of the sales to the United States. Therefore, probably \$2 billion in profit came just from that source. That's 2,000,000,000 compared to 1,500,000. That's .075 per cent revenue sharing as far as we can see at the Nation. A far cry from the whispered promises of tens or hundreds of millions Cree proponents have hinted at.

But this is a done deal, my friends. We should not cry over spilled milk. If you do it long enough the milk goes bad and all you are left with is a rotten smell in your nostrils.

Let's look at what we can do to make our future better. The Rupert River is still on the chopping block and the longer we cry about the "paying of the braves," the less chance we will have to save it.

Sound a call to arms, just in time for this year's elections, for a worthy Cree cause. Save a river today. Save Ouje-Bougoumou from the heavy-metal mining toxins. Stop the squatters in Eeyou Istchee. Stop a pig farm

in Chapais. Stop an artillery range near Waswanipi. Stop suicides in all our communities. Help make the Cree Nation diabetes epidemic a thing of the past. Encourage more Cree high school graduates in every community. Help create a viable and vibrant Cree economy so our money doesn't just flow out of the communities. Submit a resolution at the GCCEI/CRA Annual General Assembly saying there will be no more secret negotiations or that Crees will have a minimum of a year to consider any agreement affecting the Crees in the long term.

When you look at it, this is just the short list of things we need to do to make our futures our own again.

Once again I will say never forget the injustices of the past. One only has to look at the Grand Council file on the James Bay and Northern Quebec Agreement to see a pattern. There are over 350 documented breaches of the JBNQA in that file. The JBNQA, though hailed by many as the first "modern" treaty, is seen by some as one of the biggest sellouts by any First Nation since Manhattan was reportedly sold for \$24 or so in beads, trinkets and trade goods.

Every deal has good and bad points to it and at times a perceived lack of desire to fully implement it. You could just look at the fact that the forestry regime in the Paix des Braves has yet to be implemented, let alone the full implementation of the JBNQA and subsequent agreements.

Yes, let us remember all the injustices and wrongs but at the same time work at nation building.

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- Photos by: Wendy Mark-Stewart
- Design: R. Lawson

Our high-tech traditional lifestyle



May has come and gone in a blur of heat, fire and smoke. The inconvenience of forest fires seem to be handled quite well and the early summer has some folks puzzled and perplexed. Aren't we supposed to be bound in snow and ice at this time of the year? Yep, global warming is rearing its ugly head now, and who's to blame? Isolated as we are in the north we can still feel the effects of decade's long discarded coffee cups and the antiquated refrigerator eating away at the ozone layer above, burning our brown skin and causing un-model-like fissures on our epidermis.

Why, do I ask, when we are at our prime (I'm barely there yet) do we seem to not care whether or not nature is our friend or enemy, that rain used to smell acrid and taste acidic, that ph balance is something we take for granted as being good for follicles, that the forests are laid bare for mining by clear-cutting and that we are looked at by the international world as being good for Kyoto? Why do we live in relative or even extreme comfort?

That, my dear readers, is something that we take for granted, that we live in Paradis Nord and not even the Almighty can say was created for man. Yes, technology has been absorbed by us and we've grown into it, from our baby monitors to the beeping line on the life support system. We have become part "borg" (excuse the Trekkie tongue) and fused to electricity and all that it means. One tourist, whom I welcomed to my home, felt a little overwhelmed by the portable DVD, the digital camera, the laptop, the recordable satellite system, the MP3s I ripped and burned, and even that I had a microwave. I apologized for the austere plain exterior of my home, noting that social housing units did not come with the clap-clap switch

system and that by accident, may inadvertently cause the radio station, (which was delivered by satellite from Mistissini) to turn off and miss the all-important winning BINGO number. My tourist was amazed that we Cree have all the amenities and even more than he had.

I explained that in the north, once we are off the land, we live as others do in the rest of the country, except we don't pay tax, education is free, holidays have been created in our name, airlines and the economies reflect our Cree culture and yes, it takes all of five minutes to leave this all behind for the land, which we have, too.

We left my home on a mechanical steed and dusty trails greeted us as the traffic from other nature lovers filled the air. We climbed the mountains a few miles away and gazed down to the community I now call home and we eavesdropped on the bustling and growing community, and commented how far sound can travel on a windless day. We could hear the sounds of children and their mothers talking and the constant drone of the ATV's puttering around town. We turned and looked north and saw no sign of humanity. This... I explained, is what we all turn to when we get tired of our own "rat race" and where we escape to during evenings and weekends. Yes, just like the cottage folk of Montreal with retreats in the Laurentians, we commute back to the land whenever we can, to rid our lives of the pressures that small towns can create and get some peace and quiet.

Like tourists, we do enjoy the outdoors, but we live it too. We become part of the landscape and wildlife when on the land, and when back in town, we are the wildlife.

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Canada

U.S. Senator probes O-J mine contamination

Political heavyweight John Sununu challenges Quebec government

by Will Nicholls

Ouje-Bougoumou's battle over heavy metal toxins entering the area's watershed through mine tailing ponds is getting political attention south of the border. *The Sentinel of Keene*, New Hampshire reported May 16 that U.S. Senator John Sununu "has taken on the Quebec Cree cause."

Senator Sununu has written a letter to Quebec Premier Jean Charest that raises several issues on behalf of the Ouje-Bougoumou Crees, especially the mining contamination at O-J and the surrounding regions of Northern Quebec. In the letter, Sununu acknowledges that a preliminary report had been released, but the final report, due a year ago, is still being kept secret by the Quebec government.

Sununu requested both the final report and Charest's comments concerning the release of the report.

Senator John Sununu said he became interested in the issue when New Hampshire voters brought it to his attention in 2001. That's when he met with the late Joseph Shecapio-Blacksmith, then the Ouje-Bougoumou First Nation environmental officer, and New Hampshire resident Chris Covell, a licensed professional geologist. At the time, Covell and Blacksmith asked for Sununu's assistance in pursuing their investigation of mining contaminants in the water and soil near Ouje-Bougoumou.

Sununu was intrigued and asked the United States Environmental Protection Agency (EPA), if the agency could offer technical assistance. In January of 2002, Sununu received a reply from EPA offering further resources to Covell.

In February of 2005, Covell revived Sununu's interest by bringing a rough cut of Rezolution Pictures' *Heavy Metal: A Mining Disaster in Northern Quebec* to Sununu's Portsmouth, N.H. office. The video is a documentary revolving around Blacksmith's and Covell's efforts to expose the mining contamination in Ouje-Bougoumou and Northern Quebec and their unsuccessful efforts to have the problem addressed by the provincial government.

Crees concerned about this issue are hoping Sununu will also help bring it to the attention of the United Nations. Sununu is the United States congressional delegate to the UN.

"I was fortunate to have met Joseph Shecapio-Blacksmith, and he impressed me with his commitment to his family and culture," he told the *Keene Sentinel*. "Moreover, as a public servant, he reinforced the importance of working tirelessly for those you care for and standing strongly behind the issues you believe in. At the request of New Hampshire resident Chris Covell and constituents



Senator John Sununu weighs in

who have asked me to pursue this issue, I have facilitated the exchange of information and resources that I hope will be useful in addressing this case."

Covell has told the *Nation* he plans to be around for as long as it takes to clean up the heavy metal toxins problem in Ouje-Bougoumou. "It's about what's right and what's wrong. It's that simple for me," said Covell on his continued interest in the issue.

The New Hampshire story mentions that fish in the area have "turned up deformed, finless, and eyeless, covered in sores."

The initial testing only sampled from three mines out of 33 and the results were unsettling. One lab worker said that in the 20 years he has tested soil samples these ones had the highest amounts of arsenic he had ever seen.

Sununu's office has received numerous letters to date on this issue and welcome more. Letters should be sent to:

Office of U.S. Senator John E. Sununu
One New Hampshire Avenue, Suite 120
Portsmouth, NH 03801

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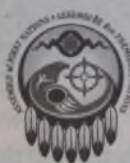
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accomplishments. Enjoy this special day!

Phil Fontaine
National Chief

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Bringing midwives back to Eeyou Istchee

By Steve Bonspiel

Christine Roy has been a midwife for 22 years and she hopes her expertise and the assistance of the Cree Health Board will bring midwifery back to Eeyou Istchee – and soon.

"The job of a midwife is such rewarding work," said Roy, who has delivered, in her estimation, 500 to 600 babies. "You follow all these women through their pregnancies and these couples giving birth together and bringing these children up. And then they come back for another child and you're a midwife of all these children who are growing up. Essentially, you're at the birth of the next generation, and it's a really, really wonderful job."

Roy works as a midwife at the Eastern Townships Birthing Centre in Sherbrooke. She says it's time Cree women joined the growing phenomenon.

"I think an Aboriginal midwifery program makes total sense," she argued. "We can create a midwife program that really matches what the community needs. So we can nicely blend all the newest knowledge in obstetrics with tradition so you have the best of both worlds in it."

Midwives can deliver babies if need be. They go through four years of training that includes neo-natal resuscitation, and the ability to intubate newborns until they can be transferred to a neo-natal intensive care unit.

Roy says that countries like the Netherlands are far ahead

"Essentially, you're at the birth of the next generation, and it's a really, really wonderful job."

of Quebec in terms of midwifery and how the practice is viewed. "They deliver all their babies like that, whereas in Quebec there are only about 1,000 births per year facilitated by a midwife," she said. "We actually have to turn away about 60 people per year because we don't have the staff."

A few problems have to be ironed out, however, if midwifery is to come to Eeyou Istchee. The first obstacle is suitable housing. That's something that Bella Petawabano, the Director of Children's Programs for the Cree Health Board in Mistissini, hopes to find a solution for.

"The big plan is to introduce birthing services to all of the communities," Petawabano said. "We're starting with Waskaganish and the next place we'll take into consideration is Chisasibi."



Proud parents of child delivered by midwife

Petawabano was part of a contingent to explore the possibility of midwifery in Eeyou Istchee in early April. "We're returning to Waskaganish at the end of June to speak to the younger generation, the women that are having babies today," Petawabano said about the consultations that are set to take place June 27-29. "Those are the ones who will decide whether they want this program or not."

She added that the consultation process is not something that's just popped up. There had been discussions in the 1980s and 1990s to address the birthing situation in the north. Lack of health professionals and personnel were cited as reasons why it never got off the ground. Now, however, there are enough of those workers to properly facilitate the new services.

Getting your baby delivered by a Cree midwife, even if the practice is approved and welcomed by the people, is at least four years off. That's how long it takes to train a midwife to be ready for any scenario, and there are currently no Eeyouch being trained for the position.

"If this program becomes a reality the Cree women will no longer have to leave their communities, they can remain there when it's time to give birth, and they'll be able to have their family present," she said. "The anticipation of a new family member is a time of joy; it's not a time when the family should experience disruption."

Dr. Jimmy Deschesnes has been a family doctor in Chisasibi for 13 years and is also pushing for the midwife program's success.

"Back in 2001 we stopped offering obstetrics," said Dr. Deschesnes. "We had to abandon the practice because there were not enough physicians up north that were able to perform obstetrics to sustain the service."

"A few years ago I was mandated to look at the possibil-

Photo: courtesy Cree Health Board

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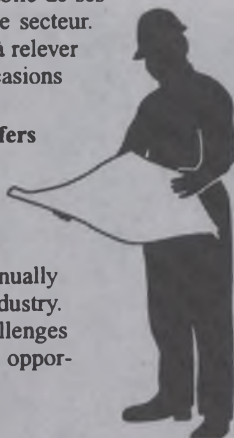
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ity of bringing back the service. We looked at training physicians up here who didn't have obstetric experience, but that didn't work out for a number of reasons. So I thought that the best way to get the service up here was to hire midwives," he said.

"At this point it looks like we'll be able to find enough midwives to start the program up north in one of the communities."

Dr. Deschesnes told the *Nation* that northern midwives would work differently from their southern neighbours. "Down south a doctor only takes over from a midwife if a medical problem develops. I think if we had midwives up here the rules are going to have to be a bit different. It's going to have to be a collaborative effort. If a patient contracts diabetes for instance, the mother would be followed by both the physician and the midwife."

But Petawabano cautioned that midwifery is not a magical cure for mothers who abuse their bodies or continue to drink and smoke while pregnant. "In the past women were active right until the very hour they gave birth," Petawabano said. "The lifestyles that these women had then and now are very different."

"The mothers ate well so their babies would. They avoided any traumatic experiences and were very active. If you compare that to today, people eat things that can be quick to prepare but very bad for them. Plus they put themselves in traumatic situations quite often," she said.

"This is a very important initiative as we move forward to take responsibility of our health and well-being. We need more than ever to take this responsibility back and I believe midwifery will do that for the women of today."

in brief

AFN negotiates residential school compensation

In what has been deemed as an "historical political accord" between AFN Chief Phil Fontaine and the federal government, a deal has been reached to recognize the need for reconciliation, healing and compensation to address the injustices committed in residential schools.

It's estimated that the Canadian government will give out lump sum payments to the 86,000 alleged victims.

The AFN report on residential schools that came out late last year suggested that each victim should get at least \$10,000, plus \$3,000 for every year at each school.

"Canada has committed to an approach which will finally deal with the tragic legacy of residential schools in a fair and just manner," said Fontaine in an AFN press release. "This accord will not only result in a better, faster and more economic claims process for residential schools survivors who were abused, it is a commitment for the entire country to move forward through a national dialogue on healing,

reconciliation, commemoration and truth-sharing."

That's not good enough for Waswanipi's Paul Dixon. "Those numbers don't sound right. What about the generation that was affected when their kids were taken from them? My parent's generation," said Dixon, who attended the Mohawk residential School in Brantford, Ontario.

"And what about the ones who will never see a penny from that? There are elders dying everyday."

As it is now, the cases of 11,000 alleged victims are moving along at a snail's pace in the courts, something which in the long run will be much more costly to both sides.

"I just want an apology. I don't care so much about the money," said Dixon. "An apology is worth more than any amount of money they could give us."

Inuit angry at exclusion from Em-1 talks

The people of the Inuit community of Sanikiluaq want their voice heard in the debate over the Eastmain-1 hydro-electric project.

Working with two Inuit organizations and the Nunavut government to

assess the project, the community has filed a report saying Hydro-Québec is ignoring the project's impact on the waters and wildlife near Sanikiluaq. The community is located in the Belcher Islands in Hudson Bay.

The federal review panel will soon hold public hearings on the Eastmain-Rupert project, and residents want part of the hearings held in their community.

Public hearings are expected to take place in the fall, and last about three months.

Aboriginal Architecture Documentary to Air on APTN

A new documentary about Native architecture in North America will be shown on APTN this month.

The film, entitled *Aboriginal Architecture, Living Architecture*, looks at how Native people are using their traditional architecture to redesign modern buildings.

Directed and produced by Cree filmmaker, Paul M. Rickard, the film looks at a wide range of Native designs from the Navajo Pueblo to the

continued on page 23

Tourism conference bridges culture gap

More than 100 attend Amos festivities

Photos and story
by Steve Bonspiel



Ted Moses addresses the crowd



Julie-Ann cooper entertaining Tim Whiskeychan's little one

working and respect between both sides, the future of tourism of all kinds looks bright for northern Quebec.

COTA, which was created through the 1975 James Bay and Northern Quebec Agreement, is only now beginning to come into its own. Cree tourism currently makes up just 0.1 per cent of the Canadian tourism sector.

But that is changing according to Norman Gull, the President of COTA. "Last year our website received 12,000 hits. This year, we received 230,000 hits during the same period." Publicity, trade shows in the U.S and Canada, and word of mouth all helped to increase interest in Cree tourism.

Gull said conferences like the one held in Amos serve a greater purpose. "There's always been a desire to have joint ventures between the Cree and non-Cree, especially in the areas of fishing, hunting, eco-tourism and adventure tourism," he noted. "The difficulty has been that the groups don't understand each other. They don't have a history of working together. That's what we're trying to facilitate, so that they can work together for their mutual benefit and for the benefit of their people and region and Eeyou Istchee."

He added that benefits flow from networking and establishing contacts. "It's hard to put a market value on something like that. The important thing for a conference such as this one is that the doors are opening for both sides."

Jocelyn Carrier, President of the Abitibi-Temiscamingue Regional Tourism Association, told a story about one of his Algonquin friends. "A guy from Pikogan said to me, 'We don't have anything to learn from you guys as far as tourism. We welcomed you here in Amos 95 years ago and you guys never left.'"

The tourism conference also included a rare opportunity to see one of Eeyou Istchee's finest painters plying his

They came, they saw, they schmoozed, and at the end of the day, the town of Amos and the Cree Nation were much closer to becoming partners in the development of Northern Quebec's tourism industry.

Hosted by the Secretariat to the Cree Nation Abitibi-Temiscamingue Economic Alliance, the tourism conference was attended by more than 100 people from Cree, Algonquin, Anglophone and Francophone communities at the Hotel des Eskers May 25-26.

The Cree Outfitting and Tourism Association (COTA) and the Abitibi-Temiscamingue Regional Tourism Association also played a part.

Throughout the day and evening, many guest speakers emphasized the importance of working together and prospering through tourism in the area. By the amount of net-

"A guy from Pikogan said to me, 'We don't have anything to learn from you guys about tourism. We welcomed you here in Amos 95 years ago and you guys never left.'"



Artist Tim Whiskeychan readies his work for auction

trade in front of a live audience. In three hours, Tim Whiskeychan took an empty canvas and transformed it into a beautiful landscape. He even left out the geese to reflect what has been a bad goose break for many in Eeyou Istchee.

Some of the vendors included COTA, Cree Human Resources, Abitibi Tourism, Attikamek artists and a table from Beesum Communications.

Jean-Pierre Frigon, who is a member of the Chamber of Commerce and also owns the Amosphere Hotel, thought it was about time that the Crees and Amos started working together.

"It's something very important because it gives us a chance to speak to all the Cree people up north based on a common project which is tourism," Frigon said. "We're looking to work together and share the tourism together. We're going to see the result in two to five years. The tourism up north is just starting and is very young, so we have to work very hard to be a good partner with the Crees."

Frigon also told the *Nation* that the town of Amos hired Kenneth Gilpin as the Cree liaison agent last year. The idea is to try to work with him on a cultural basis to learn what the Cree culture is and how to share it with the tourists who visit the region. He's also there to foster better relations between Amos and their Native neighbours.

Grand Chief Ted Moses spoke at the event to encourage amicable relations between the many Nations that live in and around Amos. He was happy with the number of people who participated.

"It's a very good turnout; the Cree participation is certainly noticeable here," Moses said. "There's a lot of interest on the part of the Crees to learn more about tourism and to share their experiences. When we have a conference like this it generates business, it generates ideas, people network and there are spin-offs that we may not know right away but we'll know later on. The territory is wide open for the Cree people to do whatever kind of tourism they want that would be profitable for them."

Norman Gull cited a great example of what can happen when people of different colour work together.

"There are some joint ventures such as Osprey in Mistissini that work very well. A local entrepreneur hooked up with someone from Montreal and it's been mutually beneficial. The Montreal operator brought in his expertise in terms of marketing and the Cree operator brought in his expertise as far as the land, the culture and the people. So that's a great example. People see that it's a real success story."



Linda Mohan promotes Beesum at conference



Joshua Iserhoff with traditional drum



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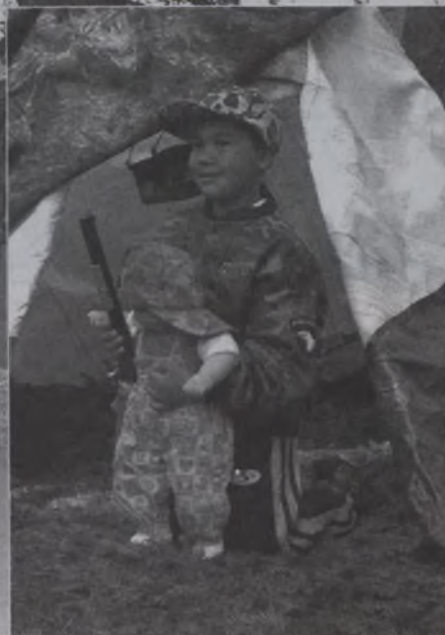
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Walking Out at Conn River

Story by Christopher Herodier, in Chisasibi
Pictures taken by Wendy Mark-Stewart



For Millennia, we have walked the tradition of life. Today we still follow in the footsteps of our ancestors. Although we cannot follow in the exact same steps as those that have passed, we try to instill in our young people what our Elders have taught us.

Our children are our future, and they know what we feel some times. We teach them in our daily lives, and that is how they will live. The Walking Out ceremony is a tradition that is important, special in our lives, as Crees, and important that we should pass it on. We love our children as they are, and we know that they are the future. For Millennia, we were taught the Walking Out Ceremony, as we are the ones to see where we are to go. The children we bring up are those who see where we are to go in the future. They must continue our traditions, teachings, as our Grandfathers taught us. The roles that were passed on by those who lived in the Cree Way, are those taught in the Walking Out Ceremony.

We practice what we have learned, as I witnessed in Conn River, Kapishkopshkasheech, in the Cree Nation of Eastmain Territory. The children taught me much on this "Special day" where they themselves did role-playing that they must have learned through observation and teachings. I cannot express totally, how I felt when I saw them do this, but powerful to my heart it was. I know

now that we must have done something right, as I know now that our children learned what they were taught.

The Walking Out Ceremony has been central in our lives as Crees, in that it brings us together. We have known through our ancestors' teachings that this must go on, as we are people who know love, understanding and sharing. We as Peoples have done this every year, and know that we must keep it going as we all are human beings with caring hearts and faith in Creation. We were taught in the right way, and our children showed us we are going in the right direction, as they did the Walking Out in Conn River, on May 13.

Originally, they had done the ceremony on their own, by playing the roles of parents, grandparents, and doing all the work involved in the preparation of the Ceremonial Teepee, and the preparation of the flooring and the dress of the "Children," dolls that they used to do the role-playing of an actual ceremony. This was on Sunday the 8th of May, where Beth June Weapinecappo had conceived the idea of doing the "Walking Out," where they prepared Peter Weapinecappo Junior to be the Male Parent, doing the Walking Out for "Cory," and Grace Lynne Weapinecappo being the Female Parent for the Walking Out for "Lynn."

They had all worked together to prepare the Teepee,

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and had invited the family group of the Weapinecappos to witness the ceremony that they had planned and worked hard to prepare for. John Weapinecappo, 78, had been told that there would be a Walking Out Ceremony, but he had thought that it was a Walking Out for a child from the East Side of the camp where the Mark-Stewarts, Tomatuks, and Marks have their cabins. He was surprised that it was his grandchildren that were role-playing in the make believe Walking Out that was being performed. When I heard about this, later on that day, I had to ask the parents of Peter Junior, and Grace Lynn Weapinecappo that they had to do it again, for this story I wish to share with you all.

The ceremony was repeated for the whole camp's benefit, since most had missed it when it was done originally. Lorraine, Stella, and Sandra Weapinecappo helped the young people prepare the teepee and the site. I was touched by the thought of our children doing this on their own, and doing most of the ceremony in the correct way, where they passed out candies and kissed the children inside the teepee, acting as the elders.

In the words of Florrie Mark-Stewart, "It is nice to see that our children have learned what they have witnessed and what they have been taught about the Cree Ways, I feel proud and honoured to have witnessed this." The other Elder present, John Weapinecappo, said it in this way, "The teachings of the Walking Out are very important, and have been passed on through the generations, this is true Cree teaching."

The following children, ranging in age from 5 to 13 years old, were responsible for the preparation: Beth June Weapinecappo, Charlene Weapinecappo, Clarissa Weapinecappo, Peter Weapinecappo Jr., Cassandra Weapinecappo, Shannon Weapinecappo, Faith Tomatuk, Celine Weapinecappo (pulled the string for the Goose-Decoy being shot), Celina Weapinecappo and Grace Lynn Weapinecappo.

Indeed, it was a special day as I know that others felt the same way as I did, touched in the heart by witnessing these young people do what has always been a Cree Tradition since Millennia. I know that the struggles and problems that we face everyday in our lives as Cree people are many. However, there is always hope that we can always stand up to face the future with pride and strength in what the Creator has given us, as I witnessed in Conn River, Kapishkopshkasheech.



Role-playing Cree traditions

“

*It is nice to see
that our children have learned
what they have witnessed and
what they have been taught about
the Cree Ways, I feel proud and
honoured to have witnessed this.*

Florrie Mark-Stewart

”



All smiles as "elders" role-play

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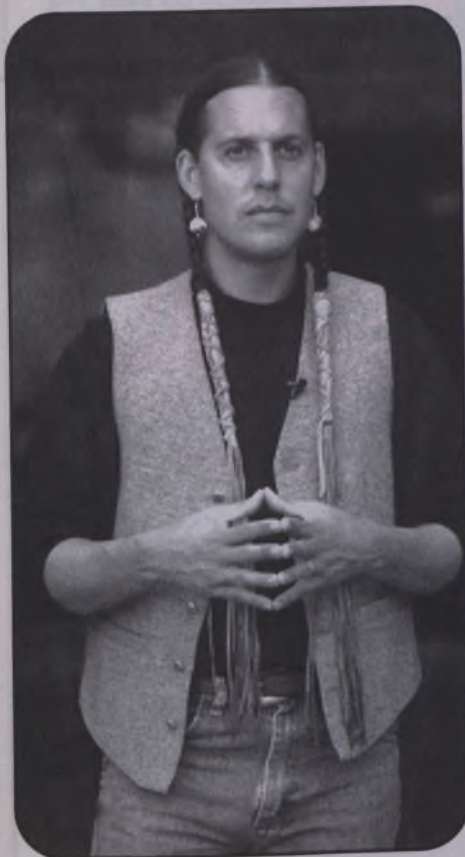
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GaWaNi Ponyboy:

the horse singer

By tsa

Robert Plant. Most of the songs are instrumental with an 80s rock feel to them (minus the spandex) that switch effortlessly from soft to hard rock.

If music was a place, much of this album would be vast untamed open spaces with warm sunshine playing through the clouds and either gentle waves crashing onto the shore or long grass blowing softly in the wind. And there would most definitely be horses! One can almost feel their presence and see their manes flowing as they kick up spray in the ocean.

While some wonder how to fill all those hours in a day, there are those who are so busy that one wonders, where do they find the time? Take GaWaNi Ponyboy, an Eastern Band Cherokee: he is the author of 11 books, a horse behaviorist teacher and speaker, a Christian Surfer and minister, founder of Iyuptala University, the Executive Editor of the bi-monthly magazine *Horses and Women*, and now, musician and record producer with the duo AcoustiCon.

The triad released their first self-titled album March 1st. Billed as the new direction in Native American music, it is a unique blend of spectacular guitar playing, piano and the First Nations spirit.

It's a different kind of trip than your traditional Native music, there are no flutes, no pow wow drumming, and yet one can feel a definite Native essence throughout. Even the traditional songs have a twist, like "Ponca," a traditional Ponca war song; it rocks out with guitar licks reminiscent of "Big Log" from *The Principle of Moments* album by

wrote about in his first book.

Originally *Horse, Follow Closely* contained a passage in the closing remarks by the famous prayer of Chief Seattle. The week it went to print, Pony learned it was a fraud (it was written by a non-Native).

Having very little time, Pony wrote a passage just as eloquent and meaningful. It began with "Our paths crossing was not a mistake." Then continues, "Though our grandmothers could not know which flowers we'd pick or which stones would make us stumble, our Creator surely did."

For more info and mp3's go to www.ponyboy.com

Known to all as Pony, he attended the prestigious Berklee College of Music, studying production, engineering and piano in the 80s. But his life took another path. Having been around horses since the age of 2, he began teaching about them. Within a few years Pony became the most sought after speaker in the horse industry. Most weekends are spent at horse clinics, trade shows, and public appearances all around the world.

In 2003 he crossed paths with bassist David Simmons and guitarist Brad Sayre. Musically, they meshed well. Pony says they had no intentions with the album: "It's experimental. We just wanted to put it out and see what happened."

Thus far the response has been phenomenal, Pony says. "It's not what people expected. We didn't want to do a Native album; we just wanted to make music."

If Pony seems unimpressed by his accomplishments, it's due to his faith and understanding that this is the path he was meant to be on, something he





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Ham n' Cheese Breakfast Casserole

Ingredients

2	slices of bread	
1/4 cup	diced cooked ham	50ml
3 tbsp	shredded cheddar cheese	45ml
2	eggs	
1/3 cup	2% milk	75ml
	dash of black pepper	
	non-stick cooking spray	

Directions

1. Lightly coat a 16 to 20 ounce casserole dish with cooking spray. Tear the two slices of bread into bite-size pieces. Place half of the bread in the prepared dish.
2. Sprinkle ham and cheese over bread. Top with remaining torn bread and set aside.
3. In a small bowl beat together eggs, milk, and pepper. Pour egg mixture evenly over bread. To make sure all the bread is completely moistened press bread with the back of a spoon. Cover and refrigerate this mixture for 2 to 24 hours.
4. Bake in a pre-heated 325° F oven for approximately 30 minutes or until a knife inserted in the centre comes out clean. Let stand for 10 minutes. Makes two servings.

TIP: For a Western-style flair, sauté a handful of mushrooms, diced red onion, diced green and red peppers in olive oil or low-fat margarine for a few minutes. Mix veggies completely into the egg mixture before pouring onto bread pieces in the casserole dish.

NUTRITIONAL INFORMATION PER SERVING :

Calories: 235	Sodium: 546mg
Total fat: 12g	Carbohydrates: 15g
Saturated fat: 5g	Total sugar: 3g
Monounsaturated fat: 4g	Fibre: 1g
Polyunsaturated fat: 2g	Protein: 16g
Cholesterol: 237mg	



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"From hopelessness and
helplessness, the spirit of a
wounded people can rise to truth
and forgiveness to regain self-love,
self-determination and peace"

- Nellie M. Bearskin-House



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Grand Council of the Crees (Eeyou Istchee)
Grand Conseil des Cris (Eeyou Istchee)

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SAAH-WIIN-HEN GATHERING

Chisasibi

July 12, 13 and 14th 2005

The main goal & objective of this project is to gather youth in one setting to discuss the social and health conditions of the communities and most importantly to identify ways to improve the resources and programs. The gathering will enable us to create a Road Map that all of the partners involved will follow and to ensure that we have a networking system to carry out the directives and mandates.

*"Since times past, we have witnessed the
shifting winds of change as they come and go, but
none like the first breeze of the south wind at the birth of
spring. It is a representation of peace, warmth, renewal and
assurance. It is also a symbolization of the spring geese and their
united flight with the south wind to their destiny of giving and
nourishing new life, continuously soaring without ever looking back.
So let us begin to lead change into our future.
This we owe our nation."*

Cree Youth

For further information, please contact the following:

Charly Wash, coordinator
Phone: 819-855-2608
E-mail: charly_wash@hotmail.com

Marcel Happyjack, CNYC Chairperson
Phone: 819-753-2070 or 819-673-2600
E-mail: marcelhappyjack@hotmail.com

Or please contact your local Youth Council or Youth Department

Teacher, teach thyself

To the Editor,

Steve Bonspiel's recent editorial concerning the impact of Alain Bellemare's article in *Le Devoir* and the state of Cree education is a worthwhile read. Mr. Bonspiel makes some strong points about the Cree school system. I don't agree with everything he says, but I think his perspective offers a starting point for a much-needed public discussion on the question of how to restructure Cree schools.

Cree schools are in a crisis. Some people may object to my use of the term crisis as an extreme or inflammatory position. Nonetheless, it's the word that best describes what is happening in Cree schools. Recent standardized mathematics and language test results show that Cree secondary three students perform, on average, at less than a Grade 5 level. The Cree School Board's graduation rate remains firmly entrenched at around 15 per cent compared to the province-wide rate of over 60 per cent. The majority of Cree students drop out of school before secondary four. Just as troubling is the fact that there are no data or signs to show that things are likely to improve. I'd say the situation qualifies as an urgent educational crisis.

Our schools are failing at what they should be doing well: providing quality education, making school meaningful, keeping kids in school, making continuous academic gains, and producing graduates who have the skills to succeed at college or in the workplace. Personally, after 25 years of work in Cree education, I'm getting tired of hearing excuses about why things can't change. Certainly, there are plenty factors to blame, whether it's the language situation, a poorly implemented curriculum, inadequately trained teachers, absenteeism or lack of parental involvement. All of these obstacles hinder better academic

achievement. But it needs to be understood that none of these issues actually prevent change and school improvement from happening.

Right off the top it has to be said that Mr. Bellemare's "conspiracy of silence theory" (*Le Devoir*) is as ill-informed as most popular conspiracy theories are. In any case, such accusations contribute nothing to solve the everyday problems that plague our schools. The governments of Canada and Quebec don't have to conspire to limit improvements in Cree education; we're doing that by ourselves.

We limit ourselves by not applying what the enormous body of current educational research teaches us to do. We limit ourselves by not understanding and utilizing the message that no significant academic gains can happen without on-going high quality professional development of teachers.

THE GOVERNMENTS OF CANADA AND QUEBEC DON'T HAVE TO CONSPIRE TO LIMIT IMPROVEMENTS IN CREE EDUCATION; WE'RE DOING THAT BY OURSELVES.

Mr. Bonspiel has the right idea in suggesting that Cree leaders need to make changes in how they deal with Cree education. School staffs need to start seeing participatory staff training as the way to solve urgent school problems. To begin effective school improvement, Cree schools will need to become places where the teachers, aided by other staff as well as parents, learn how to discover solutions and try them out, monitor progress and make adjustments to the improvement process along the way.

This kind of school improvement is based on the concept of continuous improvement and it's a formula that's been proven to work. Regional leaders get involved by believing in the concept and by training school administrators to get it started and keep it going in their schools. Regional leaders also have to demonstrate a public and financial commitment to the value of professional development time.

If absenteeism or poor math skills, as examples, lead to student failure, then local steps need to be taken to aggressively address those problems. These local steps will include involvement of school administrators to collaboratively lead organized teams of teachers in learning, researching, information gathering and taking subsequent action.

Really, what else shall we do to end the drop-out, or absenteeism, lateness, or second-language problems? Teach harder? Teach more? Hope that over time, teachers will discover, on their own, a new teaching method that will turn their classes around? Send consultants into the schools to talk about the latest teaching methods that most teachers won't even try? None of this has had the impact we've been hoping for and I don't think it ever will.

We keep teaching in the same ways and running schools in the same ways in face of all the statistical results that show what we're doing is not working. And we keep doing it as though somehow, some day, the results will be different. They won't. School improvement won't happen until the people who work in the schools and the parents who depend on them, come to the understanding that teaching is only part of their job; the other part is learning. And unless the learning part is promoted and valued and understood by leaders we will continue to get the same poor results we always have. It's a lot easier to blame the government I suppose, but it won't help Johnny learn to read.

Joe MacNeil
Waskaganish



**Université du Québec
en Abitibi-Témiscamingue**

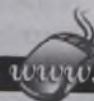
Best wishes for National Aboriginal Day

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Janet Mark

Liaison Officer for First Nations

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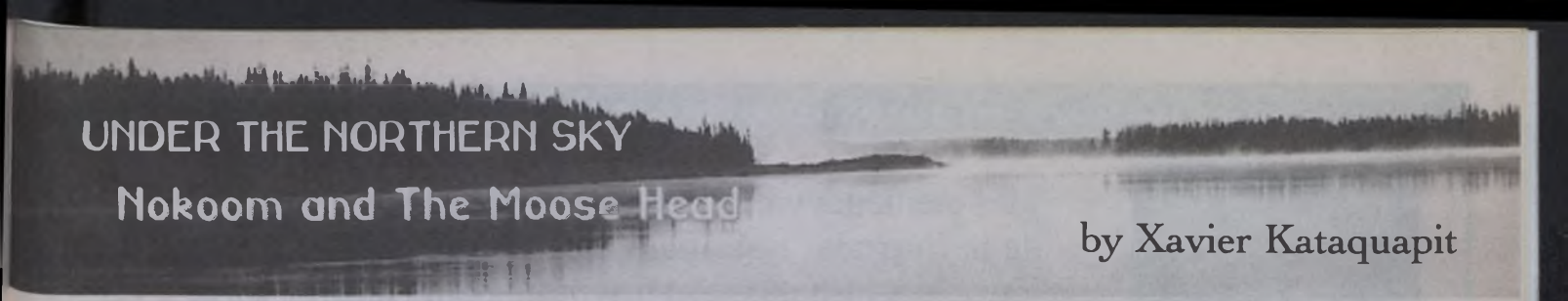


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UNDER THE NORTHERN SKY

Nokoom and The Moose Head

by Xavier Kataquapit

I visited some friends in Timmins recently and we talked about what kind of food was available to people in the north. I admit that our Cree diet in the north is not as fine or flavorful as those in exotic Asian cultures. My people subsisted on the land based on a basic diet of wild meats and fish. To get proper efficient nutrition it was a constant struggle to collect enough food for the family. When we took an animal's life it was done with much respect and every part of it was used. This meant collecting blood in large animals and using all internal organs and collecting the bones and marrow. Anything that could not be eaten was turned into tools, clothing or material for shelter.

As life changed for everyone with the coming of the Europeans this traditional knowledge was used less and less often. It was easier to buy warm boots rather than hand-craft moccasins and it was a luxury to purchase a knife instead of fashioning moose bone into scrapers.

I explained these facts to my non-Native friends and recounted an afternoon I spent with my grandmother, or Nokoom, Louise who provided me with an example of how food was collected when she was growing up on the land. It was in the fall and my older brothers had brought back a large bull moose that they had shot on the Ekwan River. My brothers and I spent the morning helping mom and dad butcher the animal into great chunks of meat that we then stored into plastic bags to be placed in the freezer. Mom worked quietly seated on an old wooden stump on our front door step as she separated the hide from the meat, then sliced the flesh into manageable pieces. Dad worked on his feet hunched over his work in the cool overcast morning.

Nokoom sat beside mom and dad, content to be around this busy traditional activity that was so familiar to her. She had her scarf on over her head, a traditional headcovering that most of our female Elders wear. After most of the work was done she volunteered to butcher the head of the animal and I was called to assist her with the chore.

At first it seemed strange to me to work at trying to cut up the large ugly head. I asked Nokoom why she wanted to do this as there was not a lot of meat in this part of the animal. She explained to me that every part of the animal is important and to not think that any food is dispensable. She

reminded me of how much of a struggle it was for her, my parents and uncles and aunts to survive on the land in the old days. Every scrap of food was cherished and sometimes there were periods of famine when people died of starvation.

Nokoom began telling stories of her time on the Nawashi River, a place 100 kilometres north of Attawapiskat where she grew up and later raised her own family. As she talked in the Cree language, Nokoom began cutting. She carefully sliced and separated the thin skin on the snout, the head and the neck. The worst part came when the exposed head sat on top of our worktable. None of this surgery bothered Nokoom and she continued talking while she expertly cut at the moose head. First came the meat around the neck and then the large muscle of the tongue. I never thought of a moose tongue as a meat I was interested in but the Cree Elders love it and it is a huge slice.

At times I felt like I had to take more of the hard work to help Nokoom but she surprised me with her ability to forcefully push and pull her knife to cut tough cartilage and thin sections of bone. At 75 she was still strong and laughed easily when she saw my look of surprise at her strength. The lower jaw was separated and now she began to cut through the cartilage of the snout. This was disgusting to watch but as she butchered the white sections of cartilage, she explained that even this was food to be eaten when prepared properly. Once this was done the head dwindled down to a light piece of bone and sinew. Her final task was to cut open the skull with a large knife which she pounded into the thick bone with an axe. Inside the cavity of the bone was a fist-sized brain. This she explained was used as an ingredient for treating and tanning animal hides.

It was sort of humorous to see Nokoom with a smile on her face as she packed away the delicacies of meat cuts she had dissected from the moose head. Our front porch where we did all this work looked like a slaughterhouse. There was something very primeval and comfortable about being there with the family and slowly taking the meat from our moose kill. The smell of blood and scent of the moose was everywhere. It connected us as a group and reached back in time a thousand years and that felt good.



ASSEMBLÉE NATIONALE
QUÉBEC

MICHEL LÉTOURNEAU
Député d'Ungava

Porte parole de l'opposition
officielle en matière affaires autochtones
et de développement du Nord québécois

Mes meilleurs vœux vous accompagnent à l'occasion de la Journée nationale des Autochtones. Cette journée est un moment privilégié pour célébrer votre histoire et votre héritage culturel tout en continuant à bâtir un avenir de qualité.

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Mohawk Longhouse.

A Mushkeg Productions/National Film Board co-production, the documentary is part of the Vision of the Land series, and will be shown in Cree on June 18th at 9:30pm, on APTN.

An English version of the film is slated to appear in October.

Hockey players lace up, now's your chance!

Cree hockey players will have a second chance at furthering their careers thanks to a new prospects camp that is set to begin in late June in Ouje-Bougoumou.

Tyson Gull and Jeremy Jolly were angry enough at their missed opportunity in the sport to create the

Aboriginal Prospects Opportunity Camp.

"We started this camp to provide opportunities to Crees," said Tyson Gull. "Maybe in a few years we'll go across Canada and into the States if we can to find other Aborigines."

Gull added that the competition to attract scouts is fierce, but he and Jolly can guarantee between 10 and 15 scouts on hand to analyze the talent.

"There's competition to get the scouts from places like Quebec City and Montreal."

The June 23-30 camp, which is partnered with the Waswanipi band council and Ouje-Bougoumou Tourism, will have conditioning coaches to prepare the players and get them going mentally and physically. There will also be seminars for parents, power point presentations, as well as a focus on future goals and

future prospects.

The duo talked about the next generation of kids and how they can help open doors for them.

"Our generation needs something like hockey so young kids can look up to the older guys and do the same as us or even better," said Gull.

Jolly summed it up through his own personal experience. "It's getting the Aboriginal youth into the game, the real way, with (hopefully) a contract to play professional hockey," he said.

"When I used to play hockey I got drafted by Val d'Or and I tried out, got cut and went to the juniors. They wouldn't give me a chance to prove to them what I could do. That's what we're planning here, to give a chance to the Aboriginal youth to show their talent to scouts from the US, Europe, and Canada."

Actors wanted Actors wanted Actors wanted Actors wanted Actors wanted

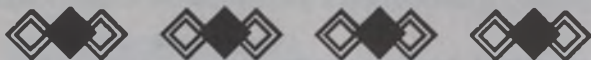
Rezolution Pictures is looking for actors for the second season of Dab-Iyiyuu. Dab Iyiyuu is a show that visits Elders in their traditional activities and is featured on APTN. We need actors for the re-creations of the Elders' stories. Casting will be in **Mistissini**, the week of **June 12th-18th**.

We will be shooting the re-creations in **Mistissini**, **June 19th-29th**.

*All ages both male and female are welcome.
No experience necessary.*

**Please call Amy Webb at (514) 272-7296
or e-mail amywebb@sympatico.ca**





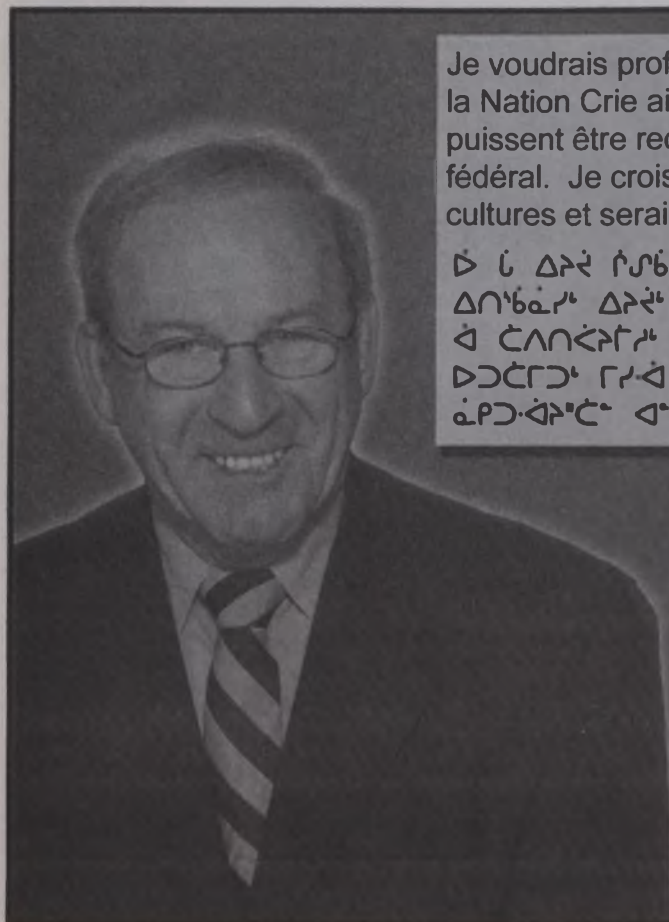
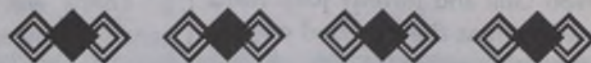
VILLE DE CHIBOUGAMAU

Nos meilleurs vœux à la nation Crie lors des célébrations, le 21 juin, de la
JOURNÉE NATIONALE DES AUTOCHTONES
de la population de Chibougamau

Our best wishes to the Cree Nation on the occasion of
NATIONAL ABORIGINAL DAY CELEBRATIONS
on June 21st, from the population of Chibougamau.

Donald Bubar, maire/mayor
André Naud, conseiller
Jean-Eudes Bolduc, conseiller
Marielle Boudreau, conseillère

Serge Drolet, conseiller
Pascale Vézina, conseillère
Gilles Moreau, conseiller



Je voudrais profiter de cette journée des autochtones pour souhaiter à la Nation Crie ainsi qu'à toutes les Nations autochtones qu'elles puissent être reconnue en tant que Nation par le gouvernement fédéral. Je crois en l'importance des liens chaleureux entre les cultures et serai toujours le défenseur de vos intérêts à Ottawa.

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	*MEN'S & WOMEN'S RECREATIONAL (18 YRS +)		RECREATIONAL	\$400.00
	*BOYS' & GIRLS' MINI CHALLENGE (17 & under)		MINI CHALLENGE	\$250.00
	*MEN'S TEAM RELAY COMPETITIONS (18 YRS +)		TEAM RELAY	\$1000.00
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DISTANCES

COMPETITIVE	MEN'S	WOMEN'S
SWIMMING	1 KM	1 KM
CYCLING	20 KM	15 KM
PORTAGE	1 KM	.5 KM
CANOEING	2 KM	.5 KM
RUNNING	10 KM	7.5 KM
TOTAL	34 KM	24.5 KM

RECREATIONAL	MEN'S	WOMEN'S
SWIMMING	.5 KM	.5 KM
CYCLING	10 KM	7.5 KM
PORTAGE	1 KM	.5 KM
CANOEING	1 KM	.5 KM
RUNNING	7.5 KM	.5 KM
TOTAL	20 KM	14 KM

TEAM RELAY COMPETITIONS	MEN'S
SWIMMING	2 KM
CYCLING	30 KM
PORTAGE	2.5 KM
CANOEING	8 KM
RUNNING	20 KM
TOTAL	62.5 KM

MINI CHALLENGE	BOYS'	GIRLS'
SWIMMING	.5 KM	.5 KM
CYCLING	.5 KM	.5 KM
PORTAGE	.5 KM	.5 KM
CANOEING	.5 KM	.5 KM
RUNNING	7.5 KM	7.5 KM
TOTAL	14 KM	14 KM

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Eastmain - June 20-21

Contact George Cheezo at the Fire Department

Nemaska - June 22-23

Contact George Swallow at the Fire Department

Waskaganish - June 24 - 25

Contact Michel Coultier at the Fire Department

Mistissini - June 28 - 29

Contact Louise Mattawashish at the Fire Department

Ouje-Bougoumou - June 30 - July 1 Contact Samuel Dixon at the Fire Department


Waswanipi - July 2 -3 Contact Bobby Blacksmith at the Fire Department



What is spaying and neutering?

- Spaying and neutering prevents male dogs from breeding and female dogs from producing puppies. They are methods of providing birth control for dogs by removing their reproductive organs, preventing them from having litters of puppies.
- Spaying is the procedure used for female dogs, while neutering refers to the procedure used for male dogs.

Spaying or neutering is good for your dog

- Spaying and neutering helps your dog live a longer, healthier life by reducing or eliminating many health problems that can be difficult to treat.
 - Spaying and neutering make your dog a better companion and can make them less likely to bite.
 - Spaying your female dog eliminates her heat cycle. Females in heat can cry incessantly, show nervous behaviour and attract unwanted male dogs.
 - Neutering your male dog makes it less likely to roam the neighbourhood, run away or get into fights
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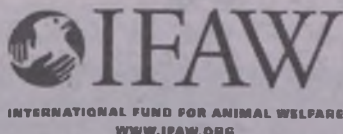


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The Cree Board of Health & Social Services of James Bay

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Midwifery Consultations

Aa nuutiwaashishaanuuwich Aanaanituuchischaayihtikuuwich in Waskaganish

Introduction

Would Iiyiuskwauach like to give birth in Iiyiyuu aschiihch with the help of trained Iiyiu midwives?

The Public Health Department of the Cree Board of Health and Social Services of James Bay held the first consultations about organizing midwifery services, along with an aboriginal midwifery training program, in communities of Iiyiyuu aschiihch. This is one step in the larger task of improving maternity care in Iiyiyuu aschiihch.

These first talks were held in Waskaganish between April 1-6, 2005. The consultations were led by Bella M. Petawabano, Director of Awash Miyupimaatisiwin, Cree Public Health, along with Christine Roy, Registered Midwife (R.M.), and Jennifer Stonier, R.M. who both have many years of experience practicing and developing midwifery programs in northern communities, including the Inuit Midwifery program in Northern Quebec.

These first Waskaganish consultations explored:

- How birthing was practiced traditionally, how these practices can be revived, and the possibility of combining traditional knowledge and practices with more modern knowledge and practice.
- Understanding the current reality of maternity care in Iiyiyuu aschiihch.
- Exploring where we go from here to improve maternity care in Iiyiyuu aschiihch.

The participants also received background information on:

- The role of the Cree Health Board and the reasons behind this consultation.
- Midwifery today in Quebec (the legal context, the Order of Midwives, the university midwifery program, a description of the perinatal care provided by midwives, the scope of practice, and the clause in the Midwifery Act for aboriginal midwifery).
- Midwifery in the Arctic - a history and description of the midwifery services and midwifery education program for local midwives on the Hudson Bay Coast.
- Safety issues, including prevention, continuity of care, midwives' emergency skills training, consultations and transfers.

The context of the consultations in Eeyou Istchee

Until the early sixties, women across the North used to give birth with the help of their own midwives and husbands. Today, more than 320 babies are born to Iiyiyuu parents and the majority of these babies see their first light of day outside of Iiyiyuu aschiihch. Iiyiuskwauach deliver their babies in Val D'or, Chibougamou or Montreal. Those women, who have to deliver in Val D'or and Montreal, have to leave their children for 4 to 6 weeks in their home community to be cared for by their spouses or extended family.

How the consultation was done

A total of nine meetings took place in the community between

April 1 and April 6, 2005. Two radio presentations were done as well. By holding meetings at different workplace and community centers, the consultations tried to reach men and women of all age-groups as well as people holding different positions in the community (elders, young parents, daycare workers, band council staff, health center staff, etc.).

Response to the consultation process

Many women commented on the financial, social, emotional difficulties of leaving their family behind when they are sent out to deliver. Most women were excited about the possibility of having a midwifery program in the community. Teachers commented that during the many weeks when mothers are sent out for the birth of a new child, they notice the impact this has on the children through the changes in their behavior. Many of the elders shared their experiences from the past when they had been the ones helping each other to give birth. Several women expressed a keen interest in training as midwives.

The consultations raised many questions around safety issues and the fact that women would not be able to receive epidurals to relieve pain. However, participants seemed reassured to learn about the emergency-skills training of the midwives, the material and equipment available at a birth, the importance of good prenatal care, prevention, education, continuity of care, along with the midwives' vision of the birthing process. The elders said they thought it would be great to establish midwifery services in the community, but they felt it was up to the young parents - who are having babies - to make those decisions.

What was learned

The response in each meeting was overwhelmingly positive towards establishing midwifery services and a midwifery program. Because of the low turn-out at the meetings, and the fact that this was not a community initiative, it was felt that the final conclusions could not yet be drawn.

The next step is to return to Waskaganish at the end of June 2005 and raise more awareness about bringing back birth to the community.

This second consultation will be held June 27-28-29, 2005

It will be followed by a community survey.

Today, Iiyiyuu birthing happens in isolation from the communities and families. This is a world apart from the past, when, birth was much more of a community event and shared with family and friends. Often women from the same camp or village attended the births of their neighbors, daughters, granddaughters and nieces. As one of the elders recounted: "Births were so fast then that the snow didn't have time to melt on women's moccasins before the baby was there!"

For more information and comments, please contact:

Bella M. Petawabano, Director of Awash Miyupimaatisiwin, Public Health Department, CBHSSJB
Tel: 418-923-2332; cell: 418-770-8709, email:
bella_petawabano@ssss.gouv.qc.ca.

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BIRTHS - 100

Congratulations to our parents, Joey and Lynn Whiskeychan on the birth of our baby sister, Rosanna Annie who came into this world on May 28th, 2005. at 8:27 pm, weighing 7 lbs, 13 ozs in Val-d'Or. With love, your children, Diane, Natalie, Mario, Waldo, Bertie and Trevor, also your grandchildren in Waskaganish.

I would like to congratulate my brother Bradley Georgekish and his girlfriend Crystal Katapatuk on the birth of their baby girl. Crystelle Bianca Justine Georgekish came into this world weighing 8 lbs and 3 ozs on May 25 2005, a baby sister for Bradford. Once again congratulations! Love, Wendy G (Wask).

BIRTHDAYS - 101

We would like to wish our Sweet Little Adorable Baby Girl, Ellayna House, a Happy 1st Birthday, on May 26/05. Ellayna, when we held you in our arms for the very first time, you made us the happiest parents ever. You are such a wonderful blessing to us, a treasure from above. The love we have for you right from the very start, has grown so much and now it completely fills our hearts. We thank God for giving us the perfect gift. You've grown into a beautiful little baby, whom we love so so much, no words can't describe how much love we feel for you. And still, always, day-by-day, you keep growing more and more beautiful. Every morning when we see your smiling face, it brightens up our day and every little thing you do makes our day complete.

Baby, we wish a Happy belated birthday to you and we love you so dearly. With all our love, Mommy & Daddy (Elaine & Darryl). Once again Happy 1ST Birthday my Princess.

(Wask).

To: Jordanna Moses (Wask). First of all we want to tell you that we love you oh so much and hope that all your dreams and wishes come true when you blow out your 10 candles on your birthday cake. Happy 10th Birthday on June 7, baby. With lots of hugs and kisses; your mom Victoria, your dad Glen and your big brother Jordan (Wask).

I would like to wish my niece, Tracy Mapachee, a Happy 18th Birthday on June 12. And also to my dearest sister who will be celebrating her big day on June 15. I wish you all the best & I hope you'll be happy to know that I still love you no matter what. fr: S. Map-Kish.

I would like to wish happy 18th birthday to my friend since we were kids, Sherry Ann Sheshamush (from Whap) on May 24. Well, happy birthday girl don't have too much. Just kidding, lol! I hope you had fun on ur special day. Sorry I wasn't there for you on ur birthday I hope you understand why...lol. I hope you were listening to the radio that day...lol. Well, I hope you had a blast. See you real soon, my friend. From your friend, Lucy Mamianskum.

Five years ago a marvelous Lil Baby Gurl was born on June 3rd, Meeya-Marydith. She taught me from selfish to selfless. Being in the front row seat I managed, loved, enjoyed every first, first smile, word, step to her first school principal's visit. She is a wonderful lil Gurl, at the same time a lil devil. I will, every day in every way protect, care & provide for her as two parents would. Being her mom/dad is hard yet not impossible. I love you Meeya with all my being, Happy Birthday Lil Woman. Mommy.

This one goes out to my "Stud"

who'll be turning a year older on June 28. A loving, caring, compassionate, most amazing human being I've ever known. How blessed I am to have you in my life, to see you with our children is a precious sight. I wish you all the best things in life and most of all I wish you good health and happiness always. May the Good Lord bless you & keep you safe. Luv Ya! fr:wifey.

I want to wish my niece a happy belated birthday. Better late than never right?...lol. Well, I sent a classified to wish you a happy belated birthday to you little girl..how old are you now?...growing up to be a very pretty little girl huh? No boys at your age now, ok?...lol..wait till you get older..

Well happy birthday Gianna...I was thinking about you on your day little girl..wishing I was there with you on your day...I promise to make it up to you alright! Well, I hope you had fun..if only you weren't a shy one..you come here once in a while to stay with us..well maybe when you get older, when you understand. Well Gianna, always remember that ur auntie loves you so much ok..be a good girl now..listen to mommy..ok? Niko says "happy belated birthday" too. Love always: ur auntie Pamela, Andrew and Niko (Waswanipi). xoxoxoxox-oxoxoxoxox

Happy belated birthday to my niece Sheila Rupert. Her b-day was on May 18. Hope you had fun on your special day wish many more years to come, agooda Sheila take care of your self and your children from your Auntie Patricia Masty-Snowboy (Whapmagoostui).

We would like to wish a Happy 1st Birthday to my beautiful niece, Hope Joy Metabie. Hope you had fun on your birthday. With lots of love, Auntie

Caroline and your cousin Skyler.

Somebody special will be celebrating their 1st birthday on June 22 that will not be the only thing he will celebrate that day. It's also gonna be his walking out ceremony. The special lil'boy is my godson Josiah. I hope your day is as special as you are and hope you enjoy your birthday cake. I bet you will because you love to eat. Love Always, Bum-Bum.

We would like to wish A Happy 1st Birthday to our grandson-nephew Josiah Atsynia. We hope you enjoy your day for it is as special as you are. Also, the same day we get to watch your walking out ceremony. It is going to be a big day for you big boy. Love, Merle, Lydia, Warren and April.

Happy belated 3rd birthday to my Little Kayia the Explorer on April 18th, I'm sorry I sent this in so late. I hope you liked your cake that I made for you and yes you got your wish a new bike and Dora the Explorer birthday cake I BOB YOU SO MUCH. Love forever and always, Ruby from Whap.

Happy 8th birthday to my son Ethan "Bouj-Wab" Atchyjiia on May 22. You have brought so much laughter and Joy in my life the way you speak mixed English and Cree makes you unique. I Jove you so much your mom, Ruby from Whap.

I would like to congratulate my Spider-Man Bryan'sh on his First Goose this spring On May 13, 2005. I am so proud of you, YOU THE MAN NOW!! Love always mom, Ruby from Whap.

I would like to congratulate my lil Bro Donnie from Whapmagoostui on his First Kill a Mosquito this spring on May 13, 2005 at approximately 5:20 a.m. we weren't sure it woke him up. Love your sista Ruby

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Happy 2nd Birthday to an adorable, sweet, little angel, our baby girl Marissa Trinity Neeposh on May 29/05. May the good lord bless you & keep you always. Hugs & kisses to you! Lots of Love from Mommy & Daddy.

Our Little Sis' Marissa Trinity will be celebrating her 2nd Birthday on May 29/05. Hope we have lots of fun at your birthday party. With lots of love, hugs & kisses to you! From your sisters Shaylynn Grace & Shania Destany.

Happy 6th Birthday to Melanie Hester (a.k.a. Molly) on June 14th. We love you. From: dad, mom, your sister Melinda and brothers Tyler and Jared.

Happy 8th Birthday to Jared Hester on June 18th. We love you. From: Dad, Mom, your sisters, Melinda and Melanie and brother Tyler.

Anna Neeposh, Happy Belated Birthday on May 18th, 2005. I was calling around, trying to wish you a happy birthday. Anyway I heard you were at your camp plugging the geese or ducks. You were probably cooking some thing goodie by the open fire, your favourite way of cooking. My friend, my sister, I pray that God Almighty will bless you with many more birthdays. Whenever we are together we have fun laughing sharing, crying and I thank you

for these times. I thank you that we still keep in contact even though we are miles away we are very close at heart.. Sometimes we talk about our childhood. Like the time I fell through the ice, when we were young; and you and Bella ran away almost leaving me to drown. Ha! Ha! You did come back to help me. Thank you! I know now that you will never leave me to drown. You are always there to encourage me when I am down. I am very thankful for you. So, on your birthday I thanked the Lord for you and I prayed that he would continue to bless you. GOD bless You. Love, your friend/sis. Charlotte G.

We would like to wish Eric Matches jr. a Happy Birthday on June 3rd. and to Melanie Matches, Happy 18th Birthday. Too bad you can't party on your birthday. You can still have fun. We love you both so much. Enjoy your birthdays. With love always, Mom and Dad, Colleen and Karlee. P.S. Eric'sh don't party too much!

Happy 18th Birthday to Melanie Matches. I bet you can't wait to go into a bar, but wait until the baby comes. I hope you enjoy your day. Love always, Karlee (Wem.).

I want ot wish Happy Birthday to these following people: Eric

Matches jr. on June 3rd, Kerri-Ann Hughboy on June 8th, Dale Hughboy and Melanie Matches on June 14th. I hope you had fun on your birthday. From Karlee, Wemindji.

We would like to wish a Happy 14th Birthday to the coolest guy, our son, our brother, our baby, Benjamin Hughboy (Benny Tom, Tom), July 6th/05. Have an awesome birthday, man. With lots of love, thousands of hugs and kisses, from Mom and Dad, K-Annie, Huge and Bee (Wemindji).

I would like to wish a Happy Birthday to my sister, Diane Salt, who will be celebrating her birthday on June 4th, 2005. Also, my niece, Erica Salt will be celebrating her 7th birthday on June 5th, 2005. Hope you two have fun on your birthdays. Once again, "Happy Birthday" and many more to come. With love, your sister Natalie and your niece Ashley Salt in Waskaganish.

This birthday wish goes out to my sweet, adorable, chubby and beautiful daughter, Ashley June Amber Salt, who will be celebrating her first birthday on June 11th, 2005. Since the day you came into my life, you have brought me so much Joy and happiness. I thank the Lord for a precious gift like you. I want to make you this day very

special for you, for you deserve this day of celebrating your 1st birthday. Happy birthday, and many more to come. With all my love, Mommy Natalie in Wask.

I wanna wish a Happy Birthday to my mommy, Natalie Salt, on June 6th, 2005. Happy Birthday and I love you. With love, your daughter Ashley in Wask.

We would like to wish our daughter, Roxanne Jamine Lynn Mianscum, a Happy Birthday!!! She will be turning 9 years old on June 13th. Well what can I say, she's quite a lady. She has a lot to offer. She has a good personality. She's sweet, adorable, funny and beautiful. Happy Birthday Roxanne. We love you so much. I hope you enjoy your birthday party and your gifts. All the best...Love Mom (Stephanie), Dad (Nelson), your sister Abigail, and your baby brother Hunter.

PERSONAL - 300

We would like to congratulate our daughter, Constable Celestina Trapper (Amoo), who graduated from the Police training at the Ecole Nationale de Nicolet, Qc. We are very proud of you and know that you will do a good job. May the Lord protect you each day. We love you, Mom and Dad.



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Even if this message is late, I still want to wish "Happy Father's Day" to my four grandpa's: Alain Deroy, Sylvester Tooma, Thomas Sandy, and George Chemaganish. I am lucky to have so many Grandpa's who love me. From: Yvon Vollant.

Also I would like to say "Happy Father's Day" to my Dad, Uapush Vollant. Love, Yvon Vollant.



Photo Courtesy of Camera Experts

In loving memory of our hockey boy, Mark #9. Not a day goes by that we don't think of you. From that dark-haired baby to the young man you became, every part of you touched our lives. The journey of missing you and letting you go has been a long and difficult road for us. Your humour, your smile, your gentle teasing was what captured each of our hearts. Each year as hockey season begins, we remember your love for playing the game and how in turn we loved watching you play. Our hockey boy, that's what you will always be. Our champ, our shining star! We are thankful for the years God allowed you to be a part of us. Although we may think eighteen years was too short, they are filled with many wonderful and fulfilling memories. They are ours to cherish and to hold. We love you, we miss you, but God has given us the wonderful hope that we will be together again someday. Perhaps once again, we will see

our #9 play! Love from your family.

To: Cree Regional Events & Entertainment Minor Hockey & Broomball Tournament organizing Committee. To whom it may concern; First, on behalf of the Ouje-bougoumou Minor Hockey Association and it's parents, I wish to congratulate you on the successful organization of this tournament. Secondly I, on behalf of all the parents from Ouje-Bougoumou want to take this time to thank you for having accommodated us because of our recent loss of our community member (Late Henry Wapachee). We fully understand the additional hard work that had to be carried out in order for us to participate in this tournament in regards to the changes in the schedule. We want you to know that we really appreciate all that was done for us to be here. In closing, we hope that all of your future endeavors will be as successful as this one. Respectfully yours, Gordon Bosum, President, Ouje-Bougoumou Minor Hockey Association.

Message for teacher Chris Hatch: Hi Chris, could you please send me an email at danette@nl.rogers.com as I have a message for you from government. Thanks. Danette (Dooley).

We would like to wish a "Happy Father's Day" to Frank Scott, George Chemaganish and John Scott. Hope you have a great happy day! Also, when the song "Kantut" plays on the radio that day, it is for you guys! You guys give true meaning to that song. Love always, Minnie, Amy, Brianna, George and John.

I'd like to wish a Happy Fathers Day to the following people....to my uncles, Albert Leclaire. Joe Mianscum. Matthew Mark..Pierre Rouleau. Walter Wapachee. Albert

S a g a n a s h . . R o n n i e Masty..Daniel Blacksmith. My brothers.....Ricky Mark..Willie Capissisit. Germain Capissisit. Gabriel Blacksmith..and to my cousins..where do I start?...lol...there are so many of them..well you know who you are..happy fathers day to you guys...and to all my guy friends ..you know who you are..last but not the least...my father, Andre Blacksmith..Dad I still love you no matter what..we may go thru tough times in our lives but you are still my father..nothing can change that..hope "fathers day" is going to be a good day for you..well lets just see what happens..Well hope ur day will be fun....take care of yourselves and love ya guys...Happy Fathers Day to you all!! From: Pamela Capissisit (s-2b murdoch)xoxoxoxo :)

To Shneshe: How's life with you? My life's not the same without you. I'm going through treament to change the way I am. I want you to know that I still love you. I've been away for too long. This feeling gets stronger. Remember what I said, you're the one I want to marry. I think about that every day. I still have the picture I took at Mario's place. I will always keep it on me. Every night before I go to bed, I look at it until find myself falling asleep. Remember the first night we spent together? When we were up on that spot from where we first kicked it off? I've never had anything like that happen to me before. That relationship is a memory that I'll always keep in my heart, forever. Nobody can replace your part. I wake from my dreams, with my first thought, how am I going to cope with this day. That's when I look at your picture and say to myself - I live for you and for me to change. Remember the cross you gave me with the words "I'll be waiting?" I hope and

pray to God you still are. I'll never forget the time we met. I'll never forget the time we left. I'll never forget the time we had. I'll never forget the times we were sad. I'll never forget the time we tried, I'll never forget the time we cried. I'll never forget about you. I'll always love you. You got me with all my love. I can't let go, we've known each other for too long. Please forgive me. Love Chee-ko.

I remember....A man so gentle, A man so kind, A man so giving, A man so compassionate. His hair white as snow, His eyes with never-ending love for all, His hands so soft and tender but yet strong, His legs that walked so very far in this world. I remember him taking care of his sick wife, As she was dying from cancer. I remember him as a great man, A true believer in the word of God, A man who did not judge others but accepted people as they are. I remember him as a man with so much wisdom, And yet full of humor. I remember him making me and all those around him laugh...I remember him telling me and my siblings that he will find Gookum on his next trip to Pointe Blue. I guess there was no such woman to fill in the shoes of his late wife, I will continue to remember my Joomshoom Billy with fond memories until we meet. Bella Blacksmith Rupert, Chisasibi, Quebec. With the sudden departure of Joomshoom Billy, there was a deep wound in my heart, as each day passes, I am gradually healing. The thing that lifts me up during my heartbreaking moments is the way his body was found among the burnt cabin; in a kneeling position beside where his bed had been, it shows that he was not in a state of panic before taking his last breath, but he said his final prayer to the Lord. I would like to dedicate

this message to: My parents; Rene and Alice Blacksmith and my siblings, including their families; Hattie & Alfred Coonishish and their family; Mary & Coom Matoush and their family; Ronnie & Jane Blacksmith and their family; Winnie & Johnny Bosum and their family in Oujé Bougoumou.


We would like to wish our dad Merle Linklater a Happy Father's Day. We may not show how much we appreciate you but we hope you know that are loved and appreciated every day of your life and not just on Father's Day. Relax and enjoy your day Dad !! We love you! Love, Sherilyn, Warren and April.

On June 5th, 1992, I married my best friend and want to wish him a happy anniversary. I can't believe it, it's been 13 years since day we said "I do". I have never stopped loving you. As matter of fact, my love for you grows each passing day. Every morning I wake and take one look at you, I fall in love all over again. Happy Anniversary George. I love you with all my heart. You are my life and my world. With love: your wife Janie.

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Le Centre d'amitié autochtone de Val d'Or récompensera le mérite scolaire, les défis de la vie et la réalisation personnelle des étudiants Autochtones de la région au cours de la troisième édition de son Gala Memegwashi sous le thème "Captez vos rêves!"

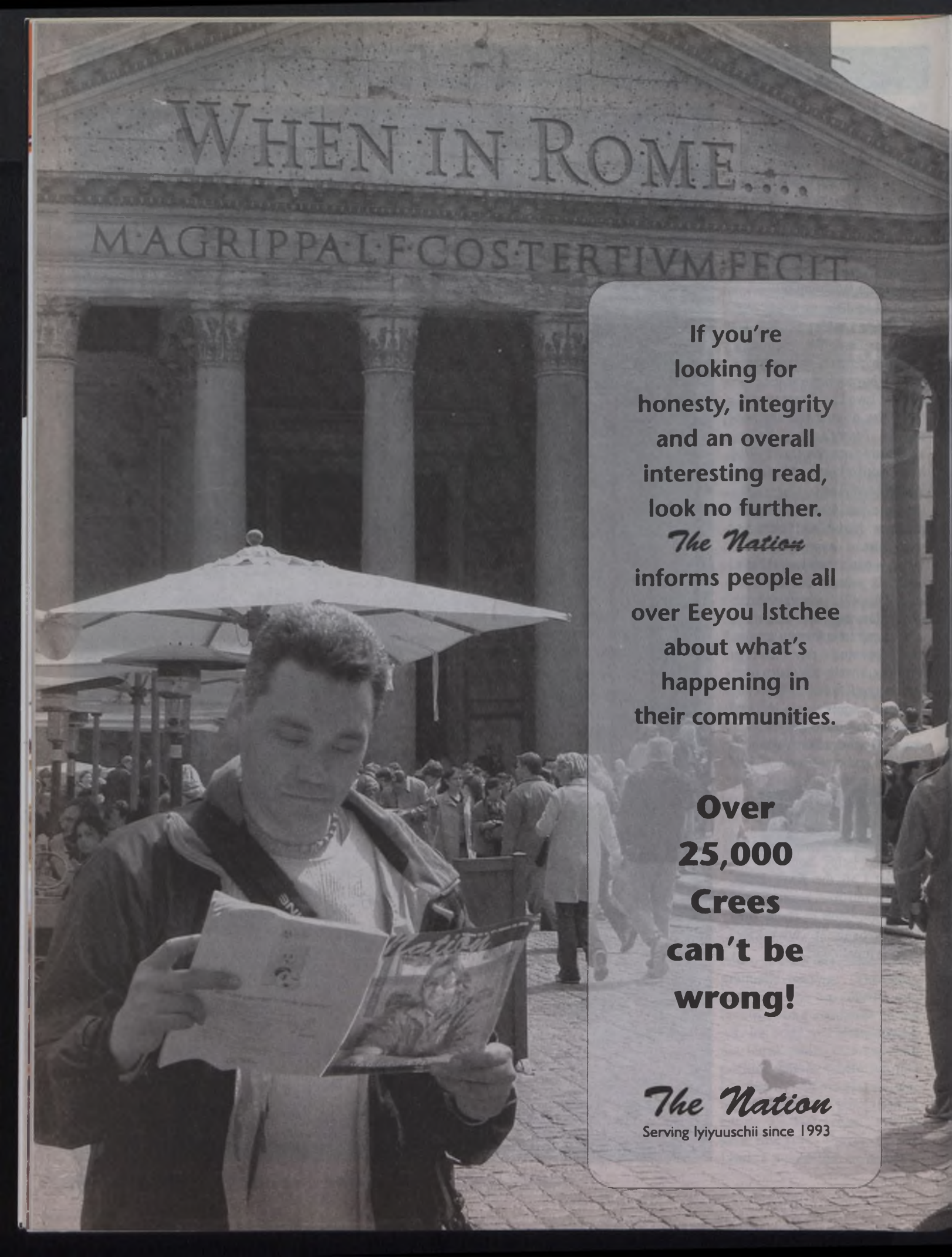
Le gala aura lieu le 21 juin prochain dans le cadre de la Journée Nationale des Autochtones, au nouveau Théâtre Telebec, 125 rue Self, Val d'Or.

Procure toi un formulaire d'inscription auprès de ton professeur ou adresse toi à Nadia Lagueux au Centre d'amitié autochtone de Val d'Or.

Pour plus d'informations, appelle au (819) 825-8299 poste 287 ou fais parvenir un courriel à nadia.lagueux@cablevision.qc.ca

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June 26	1 st workshop: 6:30 p.m. 2 nd workshop: 7:30 p.m.	Workshops (players, parents and coaches)
June 27, 28, 29	9:00 a.m. to 3:00 p.m.	Player's showcase (mini-tournament)
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July 15th-16th

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- Team evolutions will take place all day on Friday and on Saturday morning
- Individual competition will take place on Saturday afternoon

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The evening of Saturday, July 16th after the final competition is over at the Maquatua School Gymnasium.

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Top prize: two 4-wheelers
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